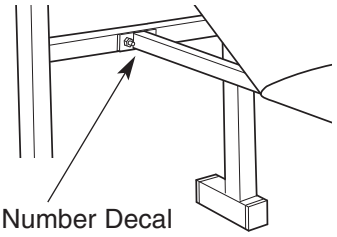
WEIDER®

128

Model No. WECCBE02890
Serial No. _____

Write the serial number in the space above for future reference.



Serial Number Decal

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:
1-888-936-4266
Mon.–Fri., 8 a.m.–6:30 p.m. EST (excluding holidays)

CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL

Patent Pending

Visit our website at
www.weiderfitness.com

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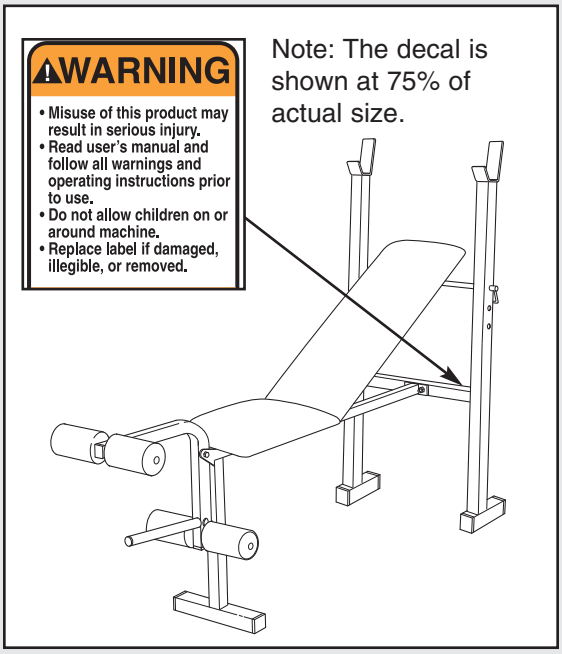
Important Precautions

WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight bench.

1. **Read all instructions in this manual before using the weight bench.**
2. **It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.**
3. **Use the weight bench only as described in this manual.**
4. **Use the weight bench only on a level surface. Cover the floor beneath the weight bench for protection.**
5. **Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately.**
6. **Keep children under the age of 12 and pets away from the weight bench at all times.**
7. **Always be sure there is an equal amount of weight on each side of your barbell (not included) when you are using it.**
8. **Do not use a barbell that is longer than five feet with the weight bench.**
9. **When you are using the leg lever, place a barbell with the same amount of weight on the weight rests to balance the bench.**
10. **Keep hands and feet away from moving parts.**
11. **Always wear athletic shoes for foot protection while exercising.**
12. **The weight bench does not include weights. The weight bench is designed to support a maximum of 360 pounds (164 kg), including the user, a weight bar, and weights. Do not place more that 110 pounds (50 kg), including a weight bar and weights, on the weight rests. Do not place more that 50 pounds (23 kg) on the leg lever.**
13. **When using the backrest in an inclined position, make sure that the support rod is inserted completely through both uprights, and that the support rod is turned to the locked position.**
14. **If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.**
15. **The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental, or institutional setting.**
16. **WARNING DECAL PLACEMENT: The decal shown below has been placed on the weight bench. If the decal is missing, or if it is not legible, please call our Customer Service Department at 1-888-936-4266 to order a free replacement decal. Apply the replacement decal in the location shown.**


WARNING
• Misuse of this product may result in serious injury.
• Read user's manual and follow all warnings and operating instructions prior to use.
• Do not allow children on or around machine.
• Replace label if damaged, illegible, or removed.
Note: The decal is shown at 75% of actual size.

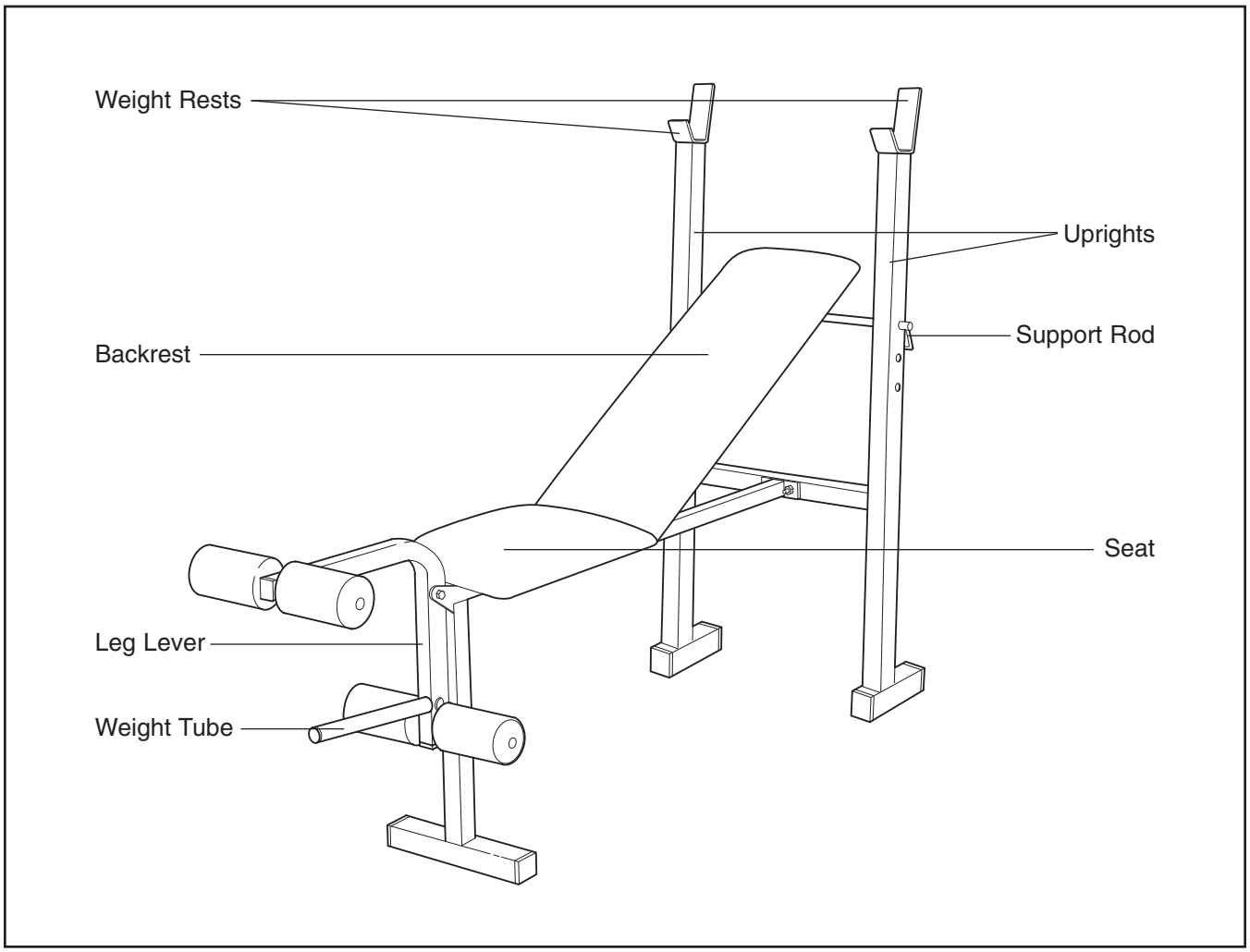
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

Before You Begin

Thank you for selecting the versatile WEIDER® 128 weight bench. The WEIDER® 128 is designed to help you develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the WEIDER® 128 will help you to achieve the results you want.

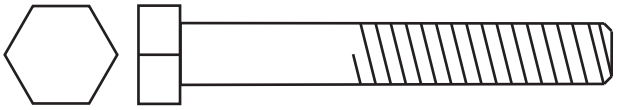
For your benefit, read this manual carefully before using the WEIDER® 128 weight bench. If you have additional questions, please call our Customer Service Department at **1-888-936-4266,** Monday through Friday, 8 a.m. until 6:30 p.m. EST (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WECCBE02890. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual).

Please use the drawing below to familiarize yourself with the major parts and how they fit together.

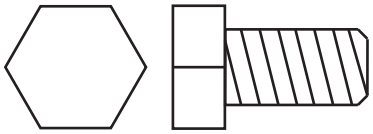


Part Identification Chart

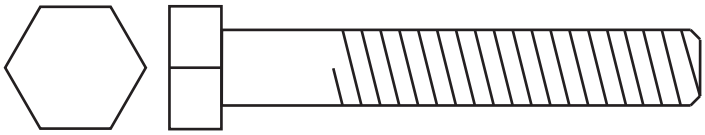
This chart is provided to help you identify the small parts used in assembly. The number in parenthesis refers to the key number of the part. The second number refers to the quantity needed for assembly. **Important: Some parts may have been pre-assembled for shipping purposes. If you cannot find a part in the parts bags, check to see if it has been pre-assembled.**



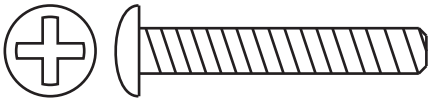
M8 x 57mm Bolt (14)–6



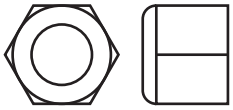
M10 x 19mm Bolt (17)–1



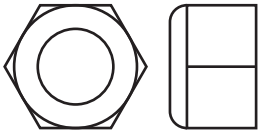
M10 x 63.5mm Bolt (18)–1



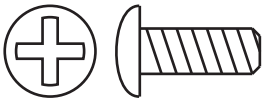
M6 x 38mm Screw (16)–4



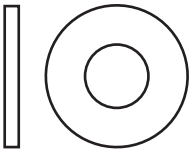
M8 Nylon Locknut (13)–6



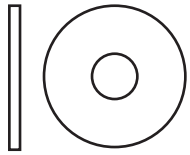
M10 Nylon Locknut (19)–1



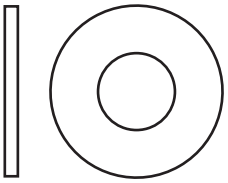
M6 x 16mm Screw (15)–4



M8 Washer (12)–6



M6 Washer (26)–8



M10 Washer (25)–1

Assembly

Before beginning assembly, carefully read the following information and instructions:

- Place all parts of the weight bench in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed.
- Read each assembly step before you begin.
- For help identifying the small parts used in assembly, **use the PART IDENTIFICATION CHART on the previous page.** Note: Some small parts may have been pre-attached for shipping purposes. If a part is not in the parts bag, check to see if it has been pre-attached.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- As you assemble the weight bench, make sure that all parts are oriented as shown in the drawings.

THE FOLLOWING TOOLS (NOT INCLUDED) ARE REQUIRED FOR ASSEMBLY:

- **Two (2) adjustable wrenches**
- **One (1) phillips screwdriver**
- **One (1) rubber mallet**
- **Lubricant, such as grease or petroleum jelly, and soapy water will also be needed.**

Assembly will be more convenient if you have the following tools: A socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. **Before assembling this product, be sure that you have read and understand the information in the box above.**

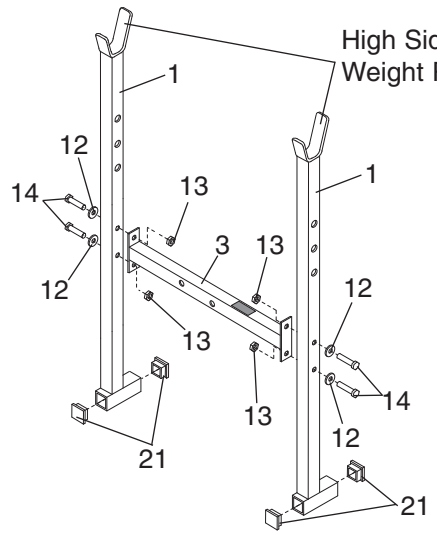
   Tap two 38mm Square Inner Caps (21) into each Upright (1).

   Attach the Crossbar (3) to the Uprights (1) with four M8 x 57mm Bolts (14), four M8 Washers (12), and four M8 Nylon Locknuts (13). **Make sure that the Crossbar (3) and the Uprights (1) are turned as shown. The decal must be facing up and the high sides of the weight rests must be on the same side.**

2. Tap two 30mm Square Inner Caps (22) into the Front Leg (8).

   Attach the Front Leg (8) to the Frame (2) with the M10 x 19mm Bolt (17).

1



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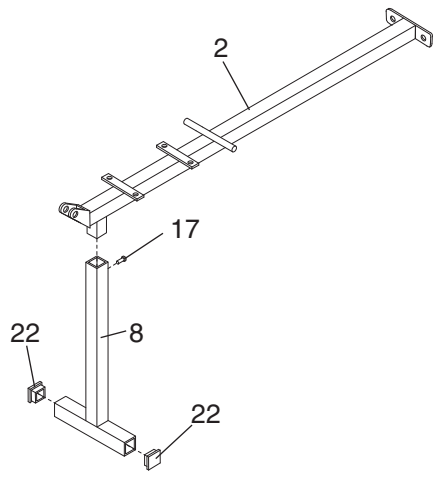
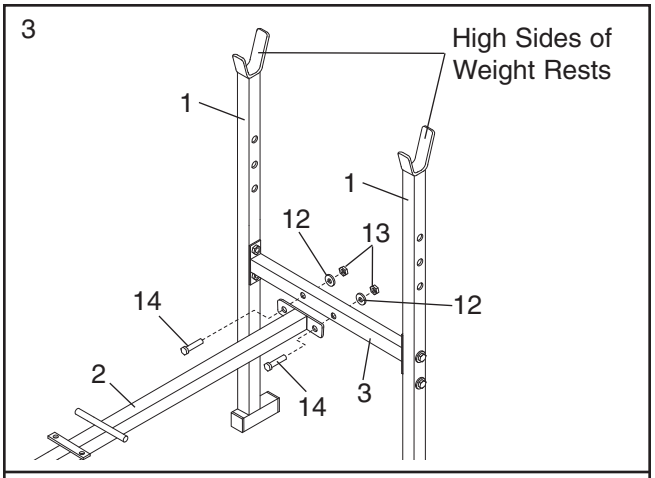
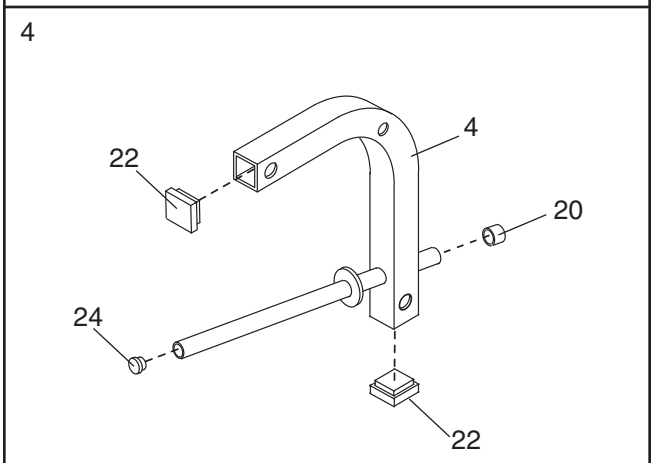


3. **Make sure that the Uprights (1) are turned as shown. The high sides of the weight rests must be on the indicated side.** Attach the Frame (2) to the Crossbar (3) with two M8 x 57mm Bolts (14), two M8 Washers (12), and two M8 Nylon Locknuts (13).

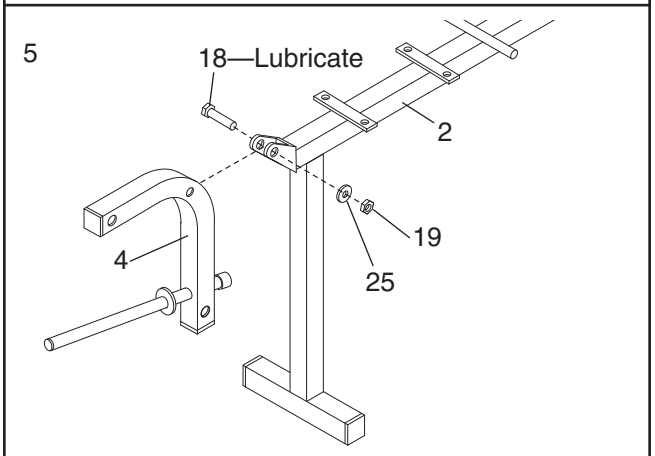


4. Tap a 30mm Square Inner Cap (22) into each end of the Leg Lever (4).

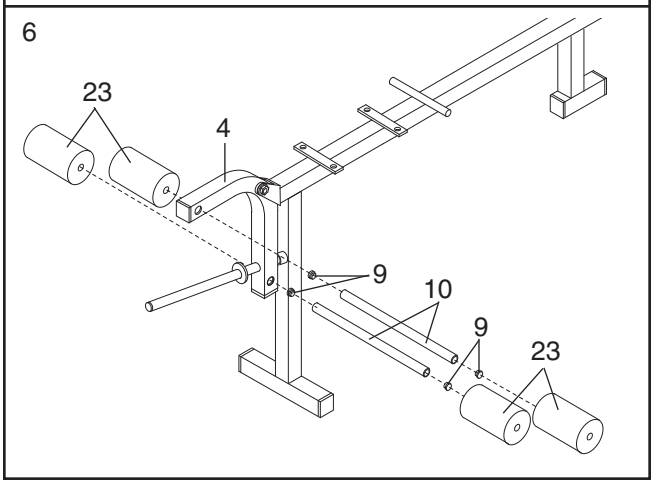
   Tap a 1" Round Inner Cap (24) into the indicated end of the weight tube. Tap the 1" Angled Round Cap (20) onto the other end of the weight tube.



5. Lubricate the M10 x 63.5mm Bolt (18). Attach the Leg Lever (4) to the Frame (2) with the Bolt, the M10 Washer (25), and the M10 Nylon Locknut (19).



6. Tap two 3/4" Round Inner Caps (9) into each Pad Tube (10). Insert the Pad Tubes into the holes in the Leg Lever (4). Slide two Foam Pads (23) onto each Pad Tube.

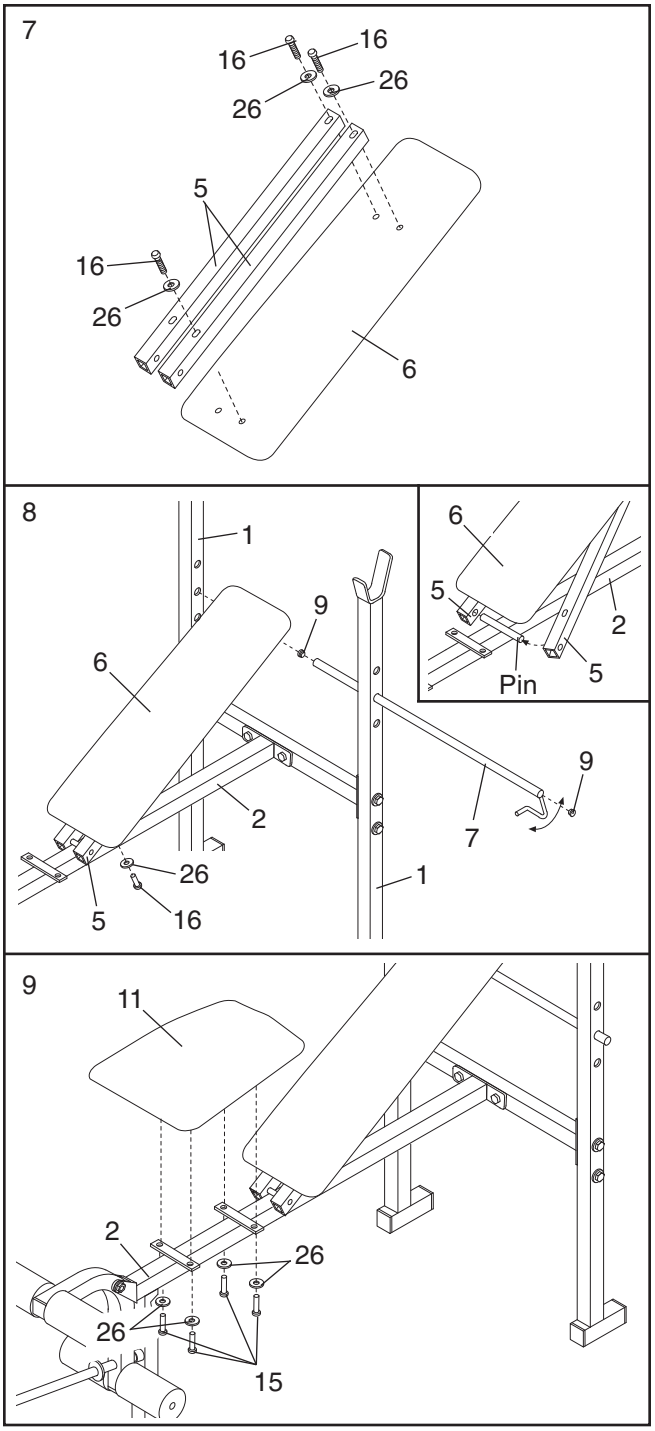


7. Attach one Backrest Tube (5) to the Backrest (6) with two M6 x 38mm Screws (16) and two M6 Washers (26). Attach the other Backrest Tube to the Backrest with one M6 x 38mm Screw and one M6 Washer. **Note: Do not tighten the three Screws yet. A fourth M6 x 38mm Screw will be attached later.**

8. Tap a 3/4" Round Inner Cap (9) into each end of the Support Rod (7). Insert the Support Rod through one of the three sets of holes in the Uprights (1). Rotate the Support Rod to the locked position, with the end of the Support Rod clipped onto the Upright.

   See the inset drawing. Slide the ends of both Backrest Tubes (5) onto the pin on the Frame (2). Attach the free end of the Backrest Tube (5) to the Backrest (6) with an M6 x 38mm Screw (16) and an M6 Washer (26). **Fully tighten all four M6 x 38mm Screws.**

9. Attach the Seat (11) to the brackets on the Frame (2) with four M6 x 16mm Screws (15) and four M6 Washers (26).



10. Make sure that all parts are tight before you use the weight bench. After the weight bench is assembled, some extra hardware may be left. Cover the floor beneath the weight bench for protection.

Adjusting the Weight Bench

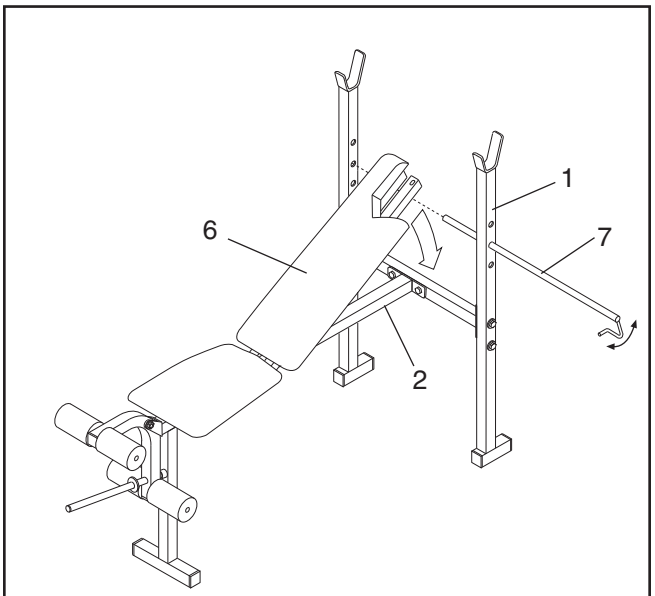
The weight bench is designed to be used with your own weight set (not included). The steps below explain how the weight bench can be adjusted. See Exercise Guidelines on page 10 for important exercise information and refer to the accompanying exercise poster to see the correct form for each exercise. Refer also to the exercise information accompanying your weight set (not included) for additional exercises.

Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

ADJUSTING THE BACKREST

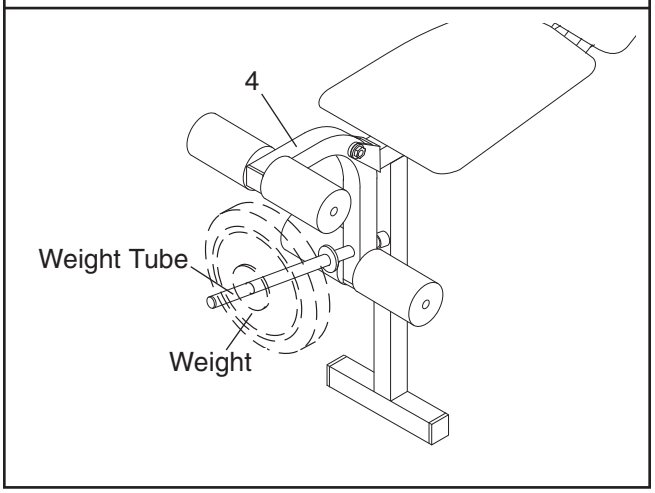
The Backrest (6) can be used in either a declined position or any of three inclined positions. To use the Backrest in a declined position, remove the Support Rod (7) and lay the Backrest on the Frame (2).

To use the Backrest (6) in an inclined position, first lift the Backrest. Insert the Support Rod (7) through one of the three sets of holes in the Uprights (1). Rotate the Support Rod to the locked position, with the end of the Support Rod clipped onto the Upright. Lay the Backrest on the Support Rod.



ATTACHING WEIGHTS

To use the Leg Lever (4), slide the desired weights (not included) onto the weight tube. **WARNING: Do not place more than 50 pounds (23 kg) on the Leg Lever.**



Exercise Guidelines

THE FOUR BASIC TYPES OF WORKOUTS

• Muscle Building

In order to increase the size and strength of your muscles, you must push your muscles to a high percentage of their capacity. You must also progressively increase the intensity of your exercise so that your muscles will continue to adapt and grow. Each individual exercise can be tailored to the proper intensity level by changing the amount of weight used, or the number of repetitions or sets performed. (A "repetition" is one complete cycle of an exercise, such as one sit-up. A "set" is a series of repetitions performed consecutively.)

The proper amount of weight for each exercise depends upon the individual user. Select the amount of weight that you think is right for you. Begin with 3 sets of 8 repetitions for each exercise that you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight.

• Toning

To tone your muscles, you must push your muscles to a moderate percentage of their capacity. Select a moderate amount of weight and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of weight.

• Weight Loss

To lose weight, use a low amount of weight and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

• Cross Training

In the pursuit of a complete and well-balanced fitness program, many have found that cross training is the answer. We recommend that on Monday, Wednesday and Friday, you plan weight training workouts. On Tuesday and Thursday, plan 20 to 30 minutes of aerobic exercise, such as cycling or swimming. Rest from both weight training and aerobic exercise for at least one full day each week to give your body time to regenerate. By combining weight training with aerobic exercise, you can reshape and strengthen your body, plus develop a stronger heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

We have not specified an exact length of time for each workout, or a specific number of repetitions or sets for each exercise. It is very important to avoid overdoing it during the first few months of your exercise program, and to progress at your own pace. If you experience pain or dizziness at any time while exercising, stop immediately and begin to cool down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are also important.

WARMING UP

Begin each workout with 5 to 10 minutes of light stretching and exercise to warm up. Warming up prepares your body for exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, with emphasis on the areas that you want to develop the most. To give balance and variety to your workouts, vary the exercises from workout to workout.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

In order to obtain the greatest benefits from exercising, it is essential to maintain proper form.

Maintaining proper form means moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise poster accompanying this manual, you will find photographs showing the correct form for several exercises. A description of each exercise is also provided, along with a list of the muscles affected. Refer to the muscle chart on page 11 to find the locations of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale

during the return stroke; never hold your breath. Rest for 3 minutes after each set if you are doing a muscle building workout, 1 minute after each set if you are doing a toning workout, and 30 seconds after each set if you are doing a weight loss workout. Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch—do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is very effective for increasing flexibility.

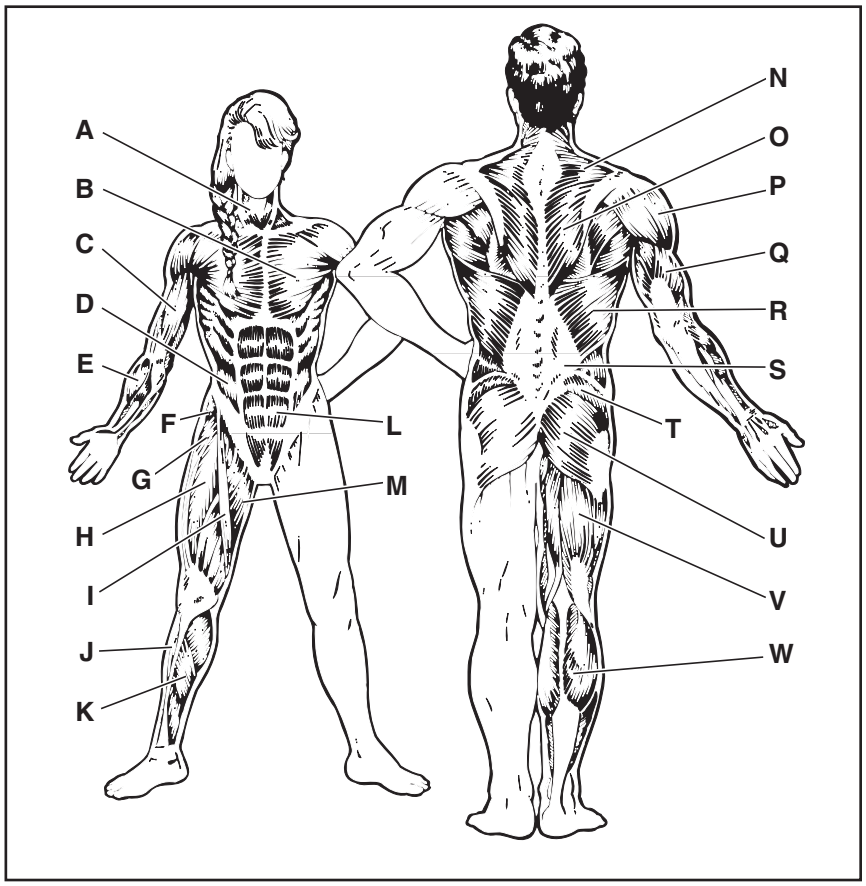
STAYING MOTIVATED

For motivation, keep a record of each workout. The chart on page 12 of this manual can be photocopied and used to schedule and record your workouts. List the date, exercises performed, weight, and numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month.

Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.

MUSCLE CHART

A. Sternomastoid (neck)
B. Pectoralis Major (chest)
C. Biceps (front of arm)
D. Obliques (waist)
E. Brachioradials (forearm)
F. Hip Flexors (upper thigh)
G. Abductor (outer thigh)
H. Quadriceps (front of thigh)
I. Sartorius (front of thigh)
J. Tibialis Anterior (front of calf)
K. Soleus (front of calf)
L. Rectus Abdominus (stomach)
M. Adductor (inner thigh)
N. Trapezius (upper back)
O. Rhomboideus (upper back)
P. Deltoid (shoulder)
Q. Triceps (back of arm)
R. Latissimus Dorsi (mid back)
S. Spinae Erectors (lower back)
T. Gluteus Medius (hip)
U. Gluteus Maximus (buttocks)
V. Hamstring (back of leg)
W. Gastrocnemius (back of calf)



MONDAY
Date:
____/____/____

EXERCISE	WEIGHT	SETS	REPS

TUESDAY
Date:
____/____/____

AEROBIC EXERCISE

WEDNESDAY
Date:
____/____/____

EXERCISE	WEIGHT	SETS	REPS

THURSDAY
Date:
____/____/____

AEROBIC EXERCISE

FRIDAY
Date:
____/____/____

EXERCISE	WEIGHT	SETS	REPS

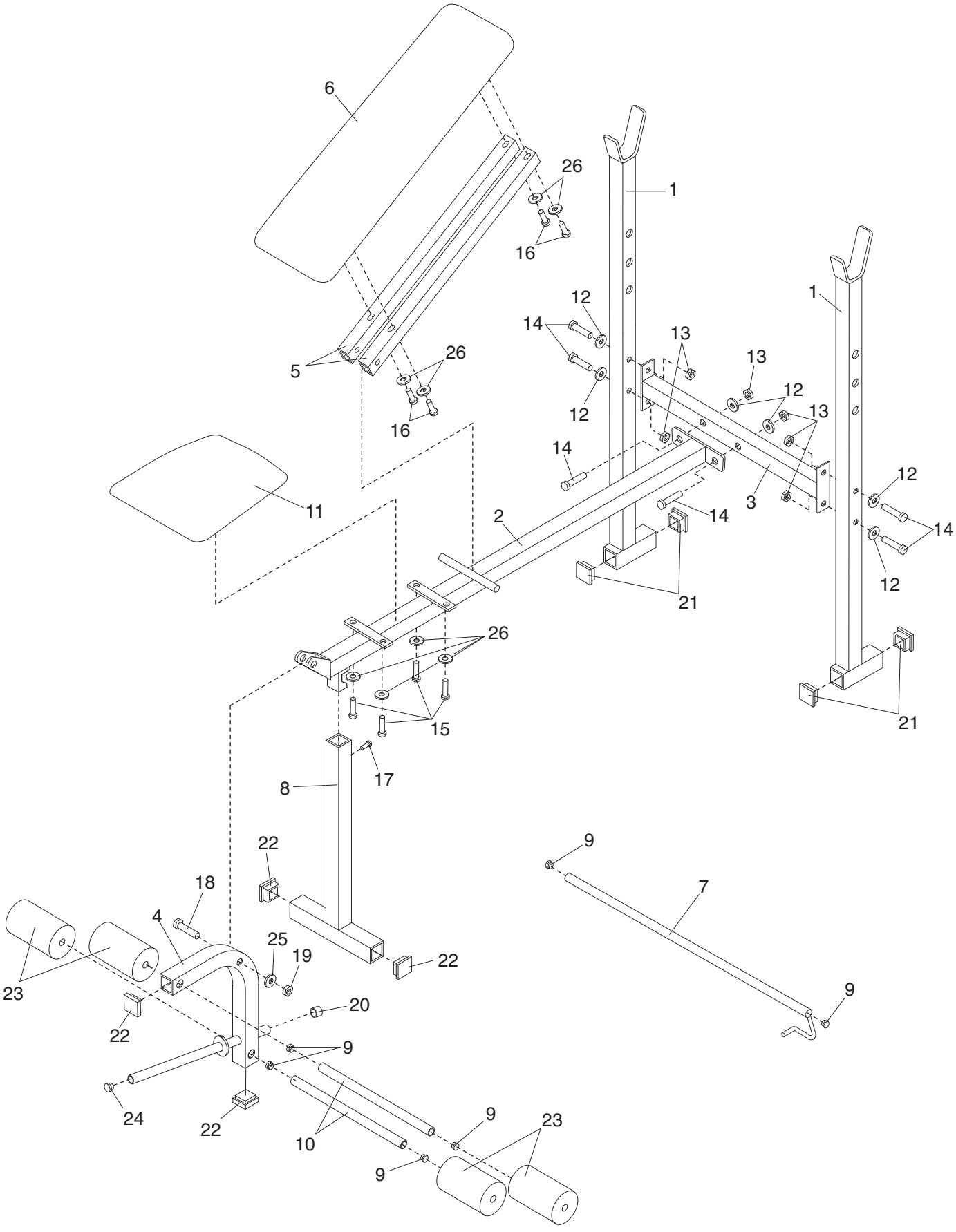
Make photocopies of this page for scheduling and recording your workouts.

Part List—Model No. WECCBE02890 R0500A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Upright	15	4	M6 x 16mm Screw
2	1	Frame	16	4	M6 x 38mm Screw
3	1	Crossbar	17	1	M10 x 19mm Bolt
4	1	Leg Lever	18	1	M10 x 63.5mm Bolt
5	2	Backrest Tube	19	1	M10 Nylon Locknut
6	1	Backrest	20	1	1” Angled Round Cap
7	1	Support Rod	21	4	38mm Square Inner Cap
8	1	Front Leg	22	4	30mm Square Inner Cap
9	6	3/4” Round Inner Cap	23	4	Foam Pad
10	2	Pad Tube	24	1	1” Round Inner Cap
11	1	Seat	25	1	M10 Washer
12	6	M8 Washer	26	8	M6 Washer
13	6	M8 Nylon Locknut	#	1	User’s Manual
14	6	M8 x 57mm Bolt			

“#” Indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

Exploded Drawing—Model No. WECCBE02890 R0500A



Ordering Replacement Parts

To order replacement parts, call our Customer Service Department toll-free at 1-888-936-4266, Monday through Friday, 8 a.m. until 6:30 p.m. EST (excluding holidays). When ordering parts, please be prepared to give the following information:

- The MODEL NUMBER of the product (WECCBE02890)
- The NAME of the product (WEIDER® 128 weight bench)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST on page 13 and the EXPLODED DRAWING on page 14).

PLACE STAMP HERE

ICON of Canada Inc.
900 de l'Industrie
St-Jérôme, Québec
Canada, J7Y 4B8

LIMITED WARRANTY

ICON OF CANADA INC., (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, to products used for commercial or rental purposes, or to products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some provinces do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you. The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some provinces do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from province to province or so specified by the retailer of your equipment.

ICON OF CANADA, 900 de l'Industrie, St. Jerôme, QC J7Y 4B8

ICON of/du Canada Inc. WEIDER PRO·FORM WESLO

PRODUCT WARRANTY REGISTRATION

IMPORTANT: MAIL WITHIN 14 DAYS OF PURCHASE

NAME: _____ PHONE: _____

ADDRESS: _____

COUNTY: _____ POSTCODE: _____

MODEL NO.: _____ SERIAL NO.: _____ PURCHASE DATE: _____

RETAILER NAME: _____ RETAILER ADDRESS: _____

1) Primary user(s) of product:
❑ Male ❑ Female ❑ Family

2) Age of primary user:
❑ 0–24 ❑ 35–44 ❑ 55–64
❑ 25–34 ❑ 45–54 ❑ 65 and over

3) Annual household income:
❑ 0–9,999 ❑ 15,000–19,999
❑ 10,000–14,999 ❑ 20,000+

4) How many times a week do you exercise?
❑ Less than 3 times ❑ 3 times or more

5) Have you ever purchased an ICON product before?
❑ Yes ❑ No

6) Where did you first see or hear about ICON products?
❑ Magazine ❑ Friend/relative
❑ Newspaper Ad ❑ Store
❑ Other

7) What was the primary reason for purchasing this ICON product?
❑ Store Employee ❑ Television Ads ❑ Colour
❑ Electronic Features ❑ Magazine Ads ❑ Price
❑ Product Design ❑ Product Innovation
❑ Other Features

8) Did you consider purchasing fitness equipment from another manufacturer?
❑ No ❑ Yes
What other Manufacturer? _____

9) Based on your impression of what you have purchased, would you buy another ICON product?
❑ Yes ❑ No ❑ No Opinion
If not, what other brand name equipment would you purchase?
_____

10) What other type of exercise equipment do you own?
❑ Bicycle ❑ Exercise Cycle ❑ Treadmill
❑ Home Gym ❑ Weight Bench ❑ Stepper
❑ Cardio Glide ❑ Other

11) Which type of magazines do you read regularly?
❑ Sports ❑ Fitness ❑ Motoring
❑ Business ❑ Computer ❑ General

12) Do you wish to be sent further bulletins about ICON products?
❑ Yes ❑ No

THANK YOU FOR YOUR TIME

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Part No. 166056 R0500A

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